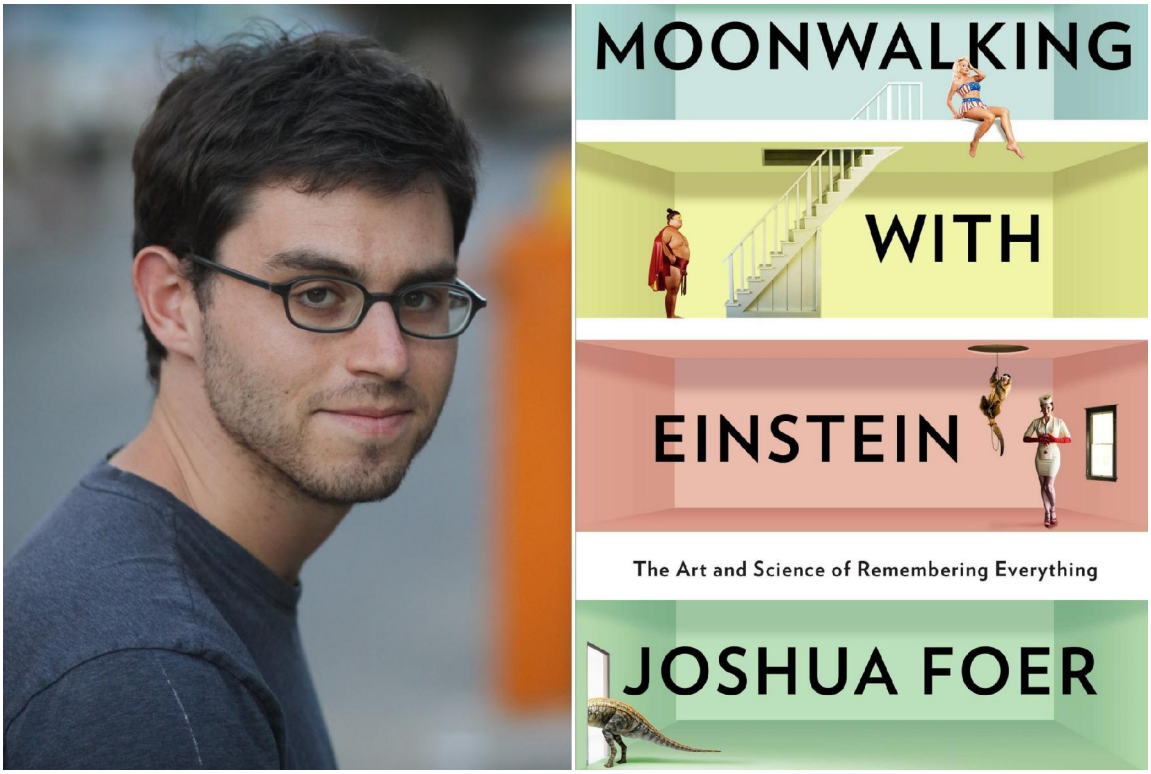
Which are the best books on how to improve your memory?

Here are some good memory books that I recommend you:

1. Joshua Foer - Moonwalking with Einstein- The Art and Science of Remembering Everything



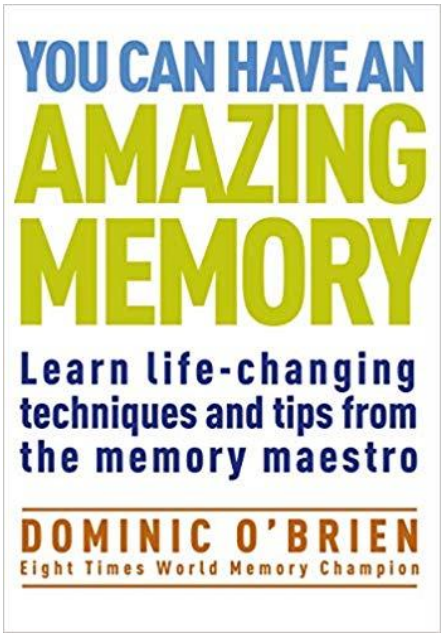
If you're just at the beginning of your journey to memory improvement, you need to read this book, which will give you the motivation to continue.

It begins with a young journalist who goes out on an interview, gets to thinking distractedly about superlatives of strength and intellect, goes home again, searches Google for the cleverest human, and discovers "if not the smartest person in the world, at least some kind of freakish genius" who can memorize 1,528 random digits in one hour and any poem handed to him.

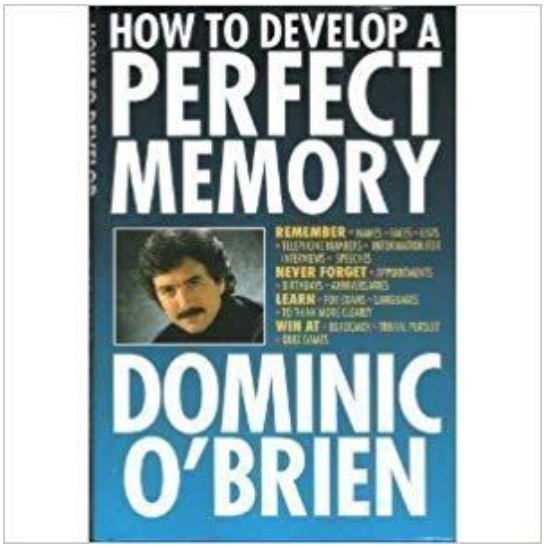
It ends with Foer – who cannot remember where he put his car keys – in the finals of the USA Memory Championship, after just one year of memory training.

I highly recommend you to read this book not only because it is a great book, but because it encourages you to follow your path to become a mental athlete

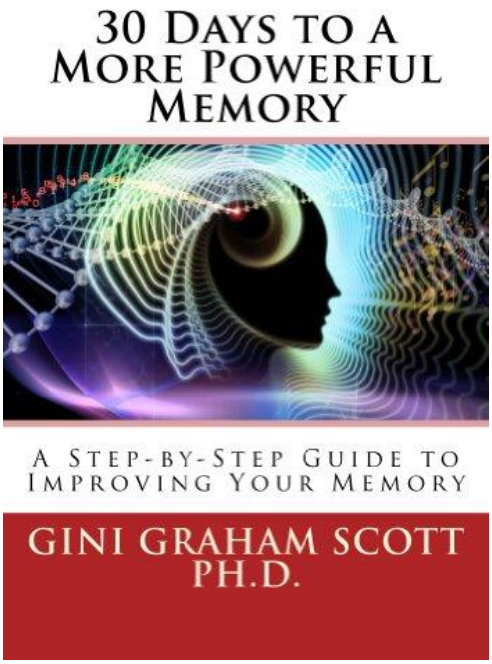
2.Dominic O'Brien-You Can Have an Amazing Memory: Learn Life-Changing Techniques and Tips from the Memory Maestro



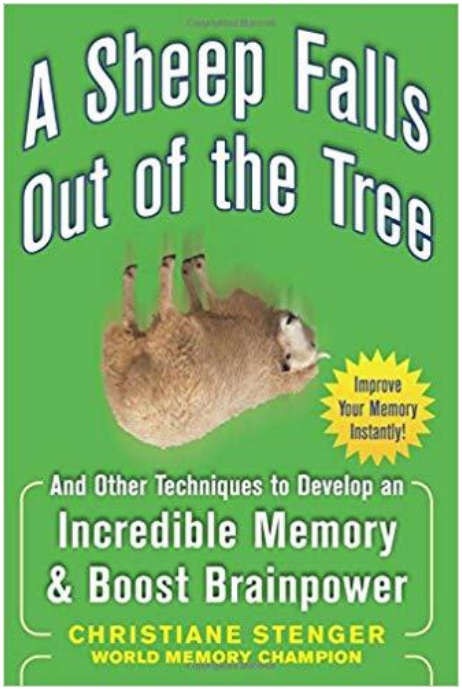
3. Dominic O'Brien - How To Develop A Perfect Memory



4. Gini Graham Scott - 30 days to a more powerful memory



5. Christiane Stenger -A Sheep Falls Out Of The Tree


A Sheep Falls Out of the Tree
Improve Your Memory Instantly!
And Other Techniques to Develop an
Incredible Memory & Boost Brainpower
CHRISTIANE STENGER
WORLD MEMORY CHAMPION

6. Tony Buzan- The Ultimate Book of Mind Maps